Bowel Elimination

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Common Alterations in Bowel Elimination :

Constipation:

infrequent and difficult passage of hardened stool.

Factors:

1. Dietary factors
2. Dehydration
3. Inadequate dietary bulk.
4. Diverticular disease(common problem in elderly)

Diarrhea :

is the passage of liquefied stool that, because of its increased frequency and consistency, represents a change in the person's bowel habits.

The primary causes of diarrhea:

1. Infectious agents
2. Malabsorption disorders
3. Inflammatory bowel disease
4. Short bowel syndrome
5. Side effects of drugs.

Enema

An enema is a solution inserted into the rectum and sigmoid colon.

The purpose:

1. to remove feces
2. to remove flatus.
3. to instill medications or nutrition.

Type of Enema.

1. A cleansing enema:

- It is the most common type of enema.
- It stimulates peristalsis via irritation of the colon

The solution used in a cleansing

tap-water-based solutions which draw fluid and electrolytes out of the body. (should not be used in clients with fluid and electrolyte imbalances.)

The cleansing enema devided into 2 types

a. large-volume enema
b. Small volume enema.

large-volume enema

- designed to clean colon
- the fluid between 500 and 1000 cc
- traditionally it is an intervention for the constipation using soapsuds

Small-volume enemas

- are designed to clear the rectum .
- delivered with the traditional enema kit using 50 to 200 cc of solution, or using a prepackaged disposable enema.

2. Oil retention enema:

- is a small-volume enema that instills oil into the rectum.
- Designed to soften very hard stool.
- It is often followed by a large-volume cleansing enema.
- Medications can be administered by enema as well.(directly to the rectal mucosa.)

3. The return-flow enema

- is used to remove flatus and stimulate peristalsis.
- It is frequently used following abdominal surgery to reduce intestinal distention & to stimulate the resumption of bowel function.

4. carminative enema

- Carminative solutions are used to provide relief from gas. An example of a carminative enema is MGW solution, which is 30 cc of magnesium, 60 cc of glycerin, and 90 cc of water.

solutions for enemas,

including:

- tap water,
- normal saline,
- hypertonic solutions,
- soap solutions,
- oil
- carminative solutions.

Contraindication:

- clients with bowel obstruction,
- inflammation, or infection of the abdomen
- recent rectal or anal surgery.



Various types of enema equipment and solutions



Small volume prepackaged enema, gloves, protective pad, & lubricant


Fleet
ready-to-use
mineral oil
enema